

Nov/Dec 2024

Genealogical Society of the Northern Territory

10% discount on family and single full membership for Seniors Card holders. [Learn more here](#)



IN THIS ISSUE

Spotlight: Bulmeka Contracting	1
<i>Seniors Voice</i>	1
More discounts and offers	2
Christmas and the rellies are coming!	3
Silver screenings in Darwin & Alice Springs	4
COMPETITION TIME!	4
Heat warning	5
Improve Darwin's accessibility	6
Free at the Darwin Waterfront	6
Katherine Seniors Expo	6



READ ONLINE [HERE](#) or find out [where to pick up your print copy](#)



Steve Thomas, COTA NT Board member/ Tradie Scheme volunteer with Dane Turner (on the left) from Bulmeka Contracting

Spotlight: Bulmeka Contracting

Bulmeka Contracting is helping home-owners build their visions and secure their property.

They are a locally owned indigenous Darwin-based fencing company that services the entire Northern Territory for both commercial and residential applications.

They offer a comprehensive range of fencing options and materials and work with you to take care of every step of the process from design to completion. They have over ten years of experience in the fencing industry. They specialises in all aspects of fencing supply and installation. No job to small, if its gates, or fencing upgrades or just maintenance call Bulmeka Contracting. They offer seniors discounts and can do payment plans for pensioners.

Call **Bulmeka Contracting** today on 0498 825 582 to find out more. Check them out in the Discount Directory [here](#).

More new businesses

inside! We are excited to announce more discounts for Seniors Card holders from our newest Business Partners inside. Remember to use your card and support our locals!



Is \$100 coming your way this Christmas?

We are emailing out the annual Seniors Card Member survey soon. When you complete it, you automatically go in to win one of two \$100 prepaid visa cards. **Watch your inbox!**

More discounts and offers for you from Territory businesses getting on board with the program!

Remember to use your Seniors Card and support our Territory businesses stepping up to offer you more savings and discounts. Just click on the business name to see the details.

Alice Springs

We Wash Windows

No job is too big or small! For over 10 years, We Wash Windows has been the trusted transparency experts in Alice Springs. You can take advantage of their current offer – **20% off your first clean** and discounted rates for regular service!

Get in touch with them and brighten up your view - [We Wash Windows](#).



Confucius Palace Dumpling Restaurant

Looking for a delicious lunch spot? Tucked away in the lane just off the mall, you'll find Confucius Palace. Treat yourself to a steaming bowl of soup followed by mouthwatering dumplings. They offer a special discount for seniors and an exclusive deal on dumplings.

Stop by and taste the best dumplings in town today! - [Confucius Palace Dumpling Restaurant](#)



Darwin

Ben's Bakehouse Bakery and Café

Ben's Bakehouse, located in the heart of Darwin City, is the top spot for breakfast and lunch. Enjoy tasty pastries, savory pies, a fresh salad bar, and made-to-order sandwiches, all paired with exceptional coffee. Dine in or opt for takeaway, it's an experience not to be missed. NT Seniors Card holders enjoy a special discount.

Visit today if you haven't already! - [Ben's Bakehouse Bakery and Café](#)



Darwin Waterfront

DWF offers seniors card holders exclusive Waterfront membership. The benefits include complimentary access to all fitness classes at Wave Lagoon (aqua classes, breathwork sessions and ice baths). With your DWF membership card, you'll also enjoy discounts at restaurants, retail outlets, accommodations, harbour tours and attractions. This would be a great Christmas gift!

Check out the details of the [Darwin Waterfront Seniors offer](#).



Katherine

Katherine Fresh Fruit and Veg

Located in the industrial area, Katherine Fresh Fruit and Veg has proudly supplied locals, businesses, and the community for over ten years. They offer a wide selection of fresh, locally grown, and interstate produce, including herbs and imported frozen cassava and taro.



Serving the Katherine region and beyond —come discover fresh, quality produce at Katherine Fresh Fruit and Veg. Get your orders in for Christmas. Discount offer to NT Seniors Card holders - [Katherine Fresh Fruit and Veg](#).

Christmas and the rellies are coming!

Christmas is coming—and so are the relatives like a festive stampede!

Got more family on the way than your living room can handle? Don't sweat it. If you're short on space but still want to keep the peace (and your sanity), point them to one of our NT Seniors Card Accommodation partners. They offer great discounts for seniors, so your guests can stay comfy and you can keep your house from turning into a holiday campground. Click on the business names to see their locations and offers.



Got more family on the way than your living room can handle? Don't sweat it. If you're short on space but still want to keep the peace (and your sanity), point them to one of our NT Seniors Card Accommodation partners. They offer great discounts for seniors, so your guests can stay comfy and you can keep your house from turning into a holiday campground. Click on the business names to see their locations and offers.

Alice Springs

Desert Palms - Desert Palms Alice Springs is a 3.5-star motel that's fully secure and located close to the heart of Alice Springs. It offers studio villas equipped with air conditioning, private ensuites, kitchenettes, and verandas perfect for watching stunning Outback sunsets. This desert oasis features a licensed mini-mart, a large palm-fringed tropical pool, BBQ facilities, free WiFi, and 24-hour guest laundry. NT seniors receive 10% on rack rate.

Darwin

Alatai Holiday Apartments - Offer 20% off rack, direct booking only.

Hudson Parap – Serviced Apartments - Great location walk to Parap Village, there you find restaurants, cafes, bakeries and the famous Parap Markets. This is the perfect place to park the relatives.

Magnum Serviced Apartments - Heart of the CBD, roof top pool, modern apartments.

Tennant Creek

Bluestone Motor Inn - Heading south for Christmas this year? Make sure to take a break along the way. This family-owned and operated motel and restaurant, Bluestone, offers a welcoming atmosphere that makes you feel at home.

Enjoy a comfortable and relaxed stay, with deluxe rooms available at standard prices* if available.



Silver screenings in Darwin & Alice Springs

Alice Springs

U3A (University of the Third Age) invites you to the Alice's Spring Cinema for a free movie screening on Tuesday 26 November at 10am for the 2009 film *Bran Nue Dae*. Enjoy tea, coffee, chai, or hot chocolate with light refreshments. It's a great chance to meet people in the foyer.

Good news: This event will continue in 2025 on the last Tuesday of each month (excluding school holidays) starting from 25 February. You don't need to book just turn up. For more info **call Pat Black 0419 836845**.

Darwin

Seniors Morning Movies at Event Cinemas

The final Seniors Morning Teas for 2024 is Friday 22 November and Wednesday 27 November featuring the movie *Wicked*—the film adaptation of the beloved musical.

Looking ahead, starting in February 2025, Event Cinemas will host a weekly Seniors Morning Tea every Wednesday before the first film. Join us for a chance to mingle and enjoy movies together regularly.

Time - 10:15am both days at Palmerston. 10:30am at Casuarina.

Costing:

- Vmax Screens = \$18 for senior cinebuzz members. If not a member \$19 as per our current promotion.
- Traditional Screens = \$13 for senior cinebuzz members. If not a member \$14 as per our current promotion.



Please click for the [trailer](#).

EVENT CINEMAS COMPETITION TIME!

Enter the draw to win a double pass to enjoy at Event Cinemas, click [here](#) and fill in your details to go in the Draw. Draw closes **15 November 2024**.

Heat warning - we are in for a hot summer

As Territorians we see ourselves as a tough bunch but it's getting hotter and this summer is predicted to be a hot one! We all need to stay aware that it's not hard to get heat stroke in our climate, both in the tropical Top End and the scorching red centre.

What is heatstroke?

Heatstroke is a life threatening condition in which your body overheats and can no longer maintain a healthy temperature. You can avoid heatstroke by taking precautions in very hot weather.

Why might I get heatstroke?

Heatstroke is caused by prolonged exposure to heat. It can occur when your body absorbs more heat than it can get rid of by sweating. You can get heatstroke indoors or outdoors. It is more likely to occur in hot, humid weather.

You can get heatstroke if you work or exercise in hot conditions without good air flow and if you don't drink enough water.

You are at higher risk if you are:

- Over 70
- Overweight
- Not physically fit
- Isolated
- Affected by a chronic health condition
- Taking medication that makes you sweat less.

To avoid heat exhaustion and heat stroke, you can:

- Exercise early in the day, before it gets too hot or after sunset.



- Manage the intensity of your activity, and take breaks when you exercise.
- Stay hydrated! Make sure to drink enough fluids, such as water or sports drinks, while you are outdoors. And do not drink alcohol or a caffeinated beverage before exercising, as they both can dehydrate you
- Put a cold pack or cool cloth on your neck, armpits or groin.
- Spray yourself with cool water.
- Move into the shade or go into an air-conditioned building or car.
- Do not leave children in cars.
- Take a cool shower or bath.
- Pay attention to warnings about high temperatures, and avoid being outdoors as much as possible on days you know will be extremely hot.
- Know the symptoms of heat exhaustion and heatstroke. If you see signs, take immediate action.
- Check on elderly friends, neighbours and relatives.

For more information, visit the NT Government's advice on [heat stress](#).

Help improve Darwin's accessibility

Do you find Darwin to be an inclusive and accessible city? Have you ever experienced challenges



accessing buildings, shopping centres, public facilities, transport, car parking, footpaths, unlit streets, or shared recreational parks?

Many in our community face accessibility issues, whether through their own experience or that of a family member or friend. The City of Darwin wants to hear from you! As our population ages, it's important to understand what matters most to seniors to ensure they can live safely, stay healthy, and fully participate in Darwin's community.

Complete the survey to have your say. Closes on 13 November.

<https://engage.darwin.nt.gov.au/access-strategy>

Free at the Darwin Waterfront



Looking for a magical way to spend time with your extended family without breaking the bank? The [Liquid Light Show](#) is back at the Darwin Waterfront—and the best part? It's completely FREE!

Immerse yourself in a spectacular showcase of sound, water, and light that embodies the spirit of the season. Let Liquid Light dazzle you with its mesmerizing multi-media display that will enchant family members of all ages.

Bring along a cozy picnic or dine at one of the many delicious waterfront restaurants. After the show, enjoy a leisurely stroll through the twinkling parklands adorned with beautiful Christmas decorations—it's a perfect way to soak in the holiday cheer.

Details: 30 November 2024 – 5 January 2025*

Shows nightly at 7:30pm, 8:00pm, and 8:30pm at the Lagoon (*no shows 26-30 December).



Katherine Seniors Expo

Wednesday 26th March 2025

Expression of Interest (EOI) for exhibitors opens on the COTA NT website soon!

Find Discounts Online

The 24/7 way to check which NT businesses offer discounts to Seniors Card holders is on the Seniors Card website at

ntseniorscard.org.au/discounts-directory



NT Seniors Card

✉ GPO Box 852
Darwin NT 0801

📍 65 Smith Street
Darwin NT 0800
ABN 86 316 991 800

☎ 1800 441 489

✉ seniorscard@cotant.org.au

🌐 www.ntsensorscard.org.au